

NOVEMBER 2018 E-Z MENU PLANNER

Provider's Name: _____

Providers Number: _____

*List all **100% fruit/veg** juice served this month:

*List all **cereals** served this month:

*List all **crackers** served this month:

*List all **whole grain rich** served this month:

*****One serving of whole-grain rich per day**

Week 1		Sunday Oct 28	Monday Oct 29	Tuesday Oct 30	Wednesday Oct 31	Thursday Nov 1	Friday Nov 2	Saturday Nov 3
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Apples Toast	Milk 100% Juice Cereal	Milk Pineapple Ham	Milk Potatoes Eggs	Milk Bananas Cereal	Milk 100% Juice Pancakes	Milk Peaches Fresh Pork Sausage
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Crackers Cheese	Pineapple Cottage Cheese	Bread Sticks Dipped in Spaghetti Sauce	Celery Peanut Butter Raisins	Hamburger Bun (Pizza Bun) Spaghetti Sauce & Cheese	Toast Milk	Toast Peanut Butter
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Chicken Squash Pineapple Brown Rice	Milk CN or HM Corn Dogs Corn Apples Breeding	Milk Chicken Broccoli Pineapple Bread	Milk Ham Sandwich Split pea Soup Apples Bread	Milk Cottage Cheese Broccoli Pineapple Crackers	Milk CN or HM Cheese Pizza Cabbage Salad Bananas Crust	Milk Hamburger Corn Apples Bun
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Muffin Milk	Yogurt Graham crackers	Crackers Mixed Fruit	Bananas Wheat crackers	Peaches Muffins	Apples Peanut Butter	Cereal Milk
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Hamburger Cabbage Salad Bananas Bun	Milk Ham Cabbage Salad Oranges Pasta	Milk Split Pea Soup Carrots Bananas Crackers	Milk Meatballs Broccoli Spaghetti Sauce Pasta	Milk Ham & Cheese Omelet Corn Apples Toast	Milk HM Chicken Soup Celery Pineapple Wild Rice	Milk CN or HM Corn Dogs Broccoli Oranges Breeding

You must verify all food items meet Program guidelines by reviewing the product label, CN label, product analysis sheet or recipe prior to serving the food.

Week 2		Sunday Nov 4	Monday Nov 5	Tuesday Nov 6	Wednesday Nov 7	Thursday Nov 8	Friday Nov 9	Saturday Nov 10
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Oranges Eggs	Milk 100% Juice Cereal	Milk Peaches Pancakes	Milk Oranges Yogurt	Milk Grapefruit Eggs	Milk Bananas Cereal	Milk Oranges Toast
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Bananas	Cheese Apples	Milk Cereal	Cheese Crackers	Yogurt dip Carrots & Celery sticks	Milk Muffins	Peanut butter Apples
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Grilled Cheese Green Beans Apples / P.B. Bread	Milk Ground Beef Lasagna Lettuce Salad Oranges Lasagna Noodles	Milk Roast Beef Carrots Bananas Bread	Milk Hamburgers Squash Green Beans Bun	Milk CN or HM Pepperoni & Cheese Pizza Lettuce salad Banana Pizza Crust	Milk Yogurt Carrots Apples w/ peanut butter Crackers	Milk Grilled Cheese Green Beans/w almonds Bananas Bread
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	100% Juice Toast	Grapefruit Crackers	Yogurt Crackers	Peanut Butter Toast	Milk Toast	Almonds Oranges	Tuna Crackers
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Ground Beef Lasagna Green Beans Lettuce salad Lasagna Noodles	Milk Hamburgers Potatoes Peaches Bun	Milk CN or HM Pepperoni & Cheese Pizza Green Beans Apples Crust	Milk Yogurt Carrot Sticks Oranges Crackers	Milk Meatloaf Potatoes Squash Bread	Milk Eggs Green Beans Banana Toast	Milk Yogurt Carrots Apples Crackers

Week 3		Sunday Nov 11	Monday Nov 12	Tuesday Nov 13	Wednesday Nov 14	Thursday Nov 15	Friday Nov 16	Saturday Nov 17
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk 100% Juice Cereal	Milk Bananas French Toast	Milk Pineapple Ham	Milk Potatoes Eggs	Milk Oranges Yogurt	Milk 100% Juice Cereal	Milk Applesauce French Toast
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Toast Applesauce	Yogurt Pineapple	Milk Graham Crackers	Bananas Yogurt	Peanut butter Celery & Carrot Sticks	Turkey Bun	Cheese Crackers
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Hamburgers Cauliflower Oranges Bun	Milk Cheese Corn Whole cranberry sauce Tortilla	Milk BBQ Pork Peas Bananas Bun	Milk Ground Beef Lasagna Celery sticks Mixed fruit Lasagna Noodles	Milk Turkey Cauliflower Sweet Potatoes Bread dressing	Milk Fish (store bought) Peas Oranges Rice	Milk Meatloaf Celery Whole Cranberry Sauce Bread
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Bananas Milk	Hard Boiled egg Crackers	Toast Peanut Butter	Tortilla Cheese	Milk Graham Crackers	Yogurt (for dip) Raw Cauliflower	Cereal Milk
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Eggs Peas Applesauce Bread	Milk Ground beef Lasagna Celery sticks Oranges Lasagna noodles	Milk Ham Cauliflower Pineapple Bagel	Milk Fish (store bought) Peas French Fries Bread	Milk BBQ Pork Cauliflower Mixed Fruit Bun	Milk Meatloaf Sweet Potatoes Bananas Bagel	Milk Turkey Peas Bananas Bread Dressing

Week 4		Sunday Nov 18	Monday Nov 19	Tuesday Nov 20	Wednesday Nov 21	Thursday Nov 22	Friday Nov 23	Saturday Nov 24
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk 100% Juice Cereal	Milk Fruit Cocktail Pancakes	Milk Banana Eggs	Milk 100% Juice Hot Cereal	Milk Apple Ham slices	Milk Kiwi Cereal	Milk Apples Toast
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Fruit Cocktail Crackers	Apples Peanut Butter	Cottage Cheese Pears	Tuna Crackers	100% Juice Toast	Milk Quick Bread	Milk Hot Cereal
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Chicken Sweet Potatoes Kiwi Brown Rice	Milk Split Pea Soup Celery Sticks Bananas Crackers	Milk Tuna & Cheese Broccoli Lettuce Salad Bread	Milk 100% Meat Hot dogs Sweet Potatoes Fruit Cocktail Buns	Milk Grilled Cheese Broccoli Pears with Cottage Cheese Bread	Milk Chicken Tacos Celery Bananas Taco Shell	Milk Eggs Broccoli Kiwi Pancakes
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Toast	Quick Bread Kiwi	100% Juice Pancakes	Peanut Butter Celery sticks	Crackers Apples	Peanut Butter Toast	Cheese Taco Shell
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk 100% meat hot dogs Broccoli Lettuce salad Buns	Milk Tuna Casserole Sweet Potatoes Pears pasta	Milk Split pea soup Celery Sticks Apples Bread	Milk Ham Broccoli Pears Brown Rice	Milk Chicken Lettuce salad Bananas Pasta	Milk Ham & Cheese sandwich Sweet potatoes Celery sticks Bread	Milk HM Chicken Noodle soup Lettuce salad Fruit Cocktail Pasta
Week 5		Sunday Nov 25	Monday Nov 26	Tuesday Nov 27	Wednesday Nov 28	Thursday Nov 29	Friday Nov 30	Saturday Dec 1
Breakfast	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate	Milk Pears Eggs	Milk 100% Juice Cereal	Milk Potatoes Ham	Milk Apple Sauce Toast	Milk Bananas Cereal	Milk Potatoes Fresh Pork Sausage	Milk Pineapple Pancakes
AM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Crackers Cheese	Pineapple Cottage Cheese	Celery Peanut Butter	Cottage Cheese Peaches	Hamburger Bun (Pizza Bun) Spaghetti Sauce & Cheese	Toast Milk	Crackers Yogurt
Lunch	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Chicken Squash Pineapple Brown Rice	Milk CN or HM Corn Dogs Corn Applesauce Breeding	Milk Chicken Broccoli Pineapple Bread	Milk Ham Sandwich Split pea Soup Apples Bread	Milk Cottage Cheese Broccoli Pineapple Crackers	Milk CN or HM Cheese Pizza Cabbage Salad Bananas Crust	Milk Hamburger Corn Apples Bun
PM Snack	Serve 2 of the following: *Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Apples Crackers	Yogurt Graham crackers	Crackers Mixed Fruit	Cheese Wheat crackers	Peaches Muffins	Apples Peanut Butter	Cereal Milk
Supper	*Fluid Milk *Fruit/Vegetable/Juice *Bread/Alternate *Meat/Alternate	Milk Hamburger Cabbage Salad Bananas Bun	Milk Ham Cabbage Salad Oranges Pasta	Milk Split Pea Soup Carrot sticks Bananas Crackers	Milk Meatballs Spaghetti Sauce Broccoli Pasta	Milk Ham & Cheese Omelet Potatoes Apples Toast	Milk HM Chicken Soup Celery Sticks Pineapple Wild Rice	Milk CN or HM Corn Dogs Broccoli Oranges Breeding

Shopping List

	Week 1	Week 2	Week 3	Week 4	Week 5
DAIRY	Cheese Milk Cottage Cheese Yogurt	Cheese Milk Yogurt	Cheese Milk Yogurt	Cheese Milk Cottage Cheese	Cheese Milk Yogurt
MEAT	Cheese Pizza (CN or HM) Chicken Corn Dogs (CN or HM) Eggs Ham Hamburger Meatballs	Eggs Hamburger Pepperoni & Cheese Pizza (hm or cn) Roast Beef	Eggs Fish (store bought) Ground Beef Pork Turkey	Eggs Tuna Ham Chicken Hot dogs (100% meat) Split pea soup	Cheese pizza (hm or cn) Chicken Corn dogs (hm or cn) Eggs Ground beef Ham Tuna
FRUITS & VEGETABLES	100% Juice Apples Applesauce Bananas Broccoli Cabbage Celery Corn Mixed Fruit Oranges Peaches Pineapple Spaghetti Sauce Split Pea Soup Squash	100% Juice Apples Bananas Carrots Grapefruit Green beans Lettuce Oranges Potatoes Squash Tomato Sauce	100% Juice Applesauce Bananas Cauliflower Celery Cranberries (Whole cranberry sauce) Corn Mixed fruit Oranges Pineapple Peas Sweet potatoes Tomato Sauce	100% Juice Apples Bananas Broccoli Celery Fruit Cocktail Kiwi Lettuce Pears Sweet Potatoes Tomato	100% juice Apples Bananas Broccoli Cabbage Carrots Kiwi Oranges Peas Potatoes Tater tots Tomato soup Tomato sauce
BREAD & CEREALS	Bread Cereal Hamburger Buns Muffins Pancakes Pasta Pizza Crust Rice / Brown / Wild	Bread Cereal Hamburger Buns Lasagna Noodles Muffins Pizza Crust	Bagel Bread Dressing Bread Cereal Hamburger Buns Lasagna Noodles Tortilla	Bread Cereal Hot Dog Buns Pancakes Pasta Rice Taco Shells	Bread Cereal Hamburger Buns Muffins Pasta pita bread Pizza Crust Rice Waffles
STAPLES & MISC.	Animal Crackers Crackers / Wheat Graham Crackers Peanut Butter	Almonds Crackers Peanut Butter	Crackers Graham Crackers Peanut Butter	Crackers Peanut Butter	Crackers Peanut Butter

I hereby certify that I am not participating on any other USDA Child Care Food Program. I certify that to the best of my knowledge, this information is Accurate in all respects. I understand this information is provided in connection with the receipt of federal funds and may be verified. I also understand that deliberate misrepresentation may result in state or federal prosecution.

X _____

Date: _____

Signature of care provider